

Wellbeing

February–March 2008

Hispanic Americans: Fight Back Against Diabetes

You're probably not the only Hispanic you know with diabetes. After all, new reports offer a startling statistic: About one in four Hispanic Americans age 50 or older has diabetes. It's not easy to manage such a serious condition. But the good news is that everyone, regardless of race, can take action today to control his or her diabetes.

To help keep your diabetes in check, follow these tips:

Know your numbers. Talk with your doctor about your blood sugar, blood pressure, and cholesterol levels. Find out what they are, what they should be, and how to keep them on target. Make sure:

- Your HbA1c (blood sugar) is checked at least twice a year
- Your cholesterol is checked once a year



■ Your blood pressure is taken at every doctor's visit

Adopt a healthy lifestyle. Limit your salt and fat intake, and eat lots of fruits, veggies, and whole grains. Also, exercise for at least 30 minutes on most days. If you smoke, try to quit.

Find support in the community.

Chat with your doctor about programs in your community that help people manage diabetes. Worried about language or cultural barriers? Ask friends or family members to attend appointments and meetings with you. ●



**JUST for
SENIORS**
55+ Club

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Winning with Diabetes

Learn about the types, causes, and self-management of diabetes. Receive a free gift and cookbook upon completion of this three-class series. Held at the Diabetes Treatment Center in the Mountain View Plaza at 11285 Mountain View, Suite 40, Loma Linda. Call 909-558-3022 for class fee, dates, and times.



Arthritis Pain? Many Routes to Relief Await!



If you have arthritis, you may already be well-acquainted with the challenge of managing the pain associated with the disease. But are you also familiar with the array of techniques for easing your discomfort? Experts have found that some fairly simple measures can help you win the better quality of life you deserve.

Arthritis pain rears its ugly head when damaged or diseased joints and tissues become stiff, swollen, and irritated. Several factors—such as muscle strain, fatigue, and stress—can then aggravate the problem. So treating pain on several fronts makes sense. Consider these strategies:

- Get eight to 10 hours of sleep a night, if possible. And don't hesitate

to pamper yourself. Take things slowly and rest when the pain is worse than usual.

- Maintain a healthy weight. Extra pounds can put pressure on the joints—especially the knees and hips.

- Change positions often when standing or sitting.

- Make fitness part of your routine. Exercise can strengthen muscles and protect your joints. Swimming, walking, and bicycling may be smart choices. Your doctor can help you find the right form of exercise for your condition.

- Use heat to soothe a sore joint. Take a hot shower first thing in the morning. Or place a heating pad on the painful area for about 15 minutes. To make your own heating pad, put dry beans in a sock and knot the top. Place it in the microwave for a few minutes.

- Apply cold packs to reduce swelling. Wrap an ice pack or bag of frozen peas in a towel and place it on the sore area for about 15 minutes.

- Talk with your doctor or physical therapist about relaxation therapy. Experts have found that relaxation techniques—performed on a regular basis—can help reduce arthritis pain by easing muscle tension. ●

Arthritis Seminar

Free information on arthritis, joint replacement, bone health, treatment options, research findings, and medications. Held at LLUMC East Campus—Meridian Room. 2nd Wednesday of every month, 9:30 to 11:30 a.m. Register at 1-800-321-WALK (9255).

If I knew I was going to live this long, I'd have taken better care of myself. —Mickey Mantle

Five Habits that Help Men Beat Heart Disease

A man may reduce his risk for heart disease by revving up his healthy lifestyle practices, according to findings published in *Circulation*. All smart choices help, but following a specific group of five may offer extra protection.

The Top Five Tactics

Researchers studied almost 43,000 male health professionals for 16 years. Among the men ages 40 to 75, those whose lifestyles included these five healthy practices had the lowest risk for heart disease:

- 1 Not smoking
- 2 Eating a healthy diet
- 3 Exercising daily
- 4 Avoiding alcohol
- 5 Staying a healthy weight

About 2,100 heart attacks occurred during the study.

Researchers predicted that following the five practices more closely could have prevented:

- Almost 62 percent of the attacks
- More than half the attacks among men taking medication for high blood pressure or high cholesterol

Small Changes Help, Too

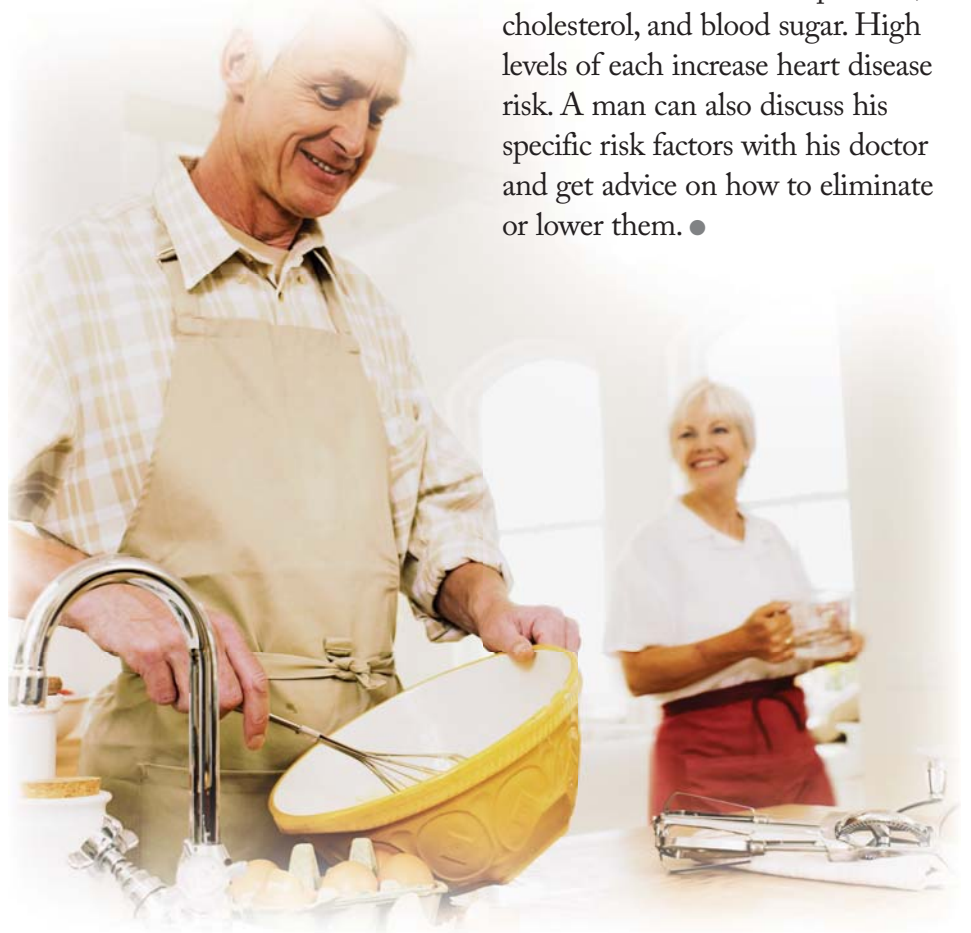
Compared with men who didn't adjust their lifestyle, those who adopted just two healthy strategies during the course of the study also greatly lowered their heart risks.

All men—and women—can make lifestyle changes to improve heart health. Even men at high risk for heart disease can keep their hearts healthy by:

- Working out 30 minutes a day at a moderate to intense pace (Swimming, walking, jogging, and biking all count)
- Steering clear of tobacco and secondhand smoke

- Avoiding saturated fat and trans fats and filling up on more vegetables, fruits, and fiber-filled foods like oatmeal

Regular doctor visits can also help men monitor their blood pressure, cholesterol, and blood sugar. High levels of each increase heart disease risk. A man can also discuss his specific risk factors with his doctor and get advice on how to eliminate or lower them. ●



NEW APPROACH FOR BLOOD PRESSURE

The National Heart, Lung, and Blood Institute has a working plan to cut your blood pressure. It's called DASH, or Dietary Approaches to Stop Hypertension. Try a DASH tip about diet or exercise today:

- Before eating, rinse sodium off canned foods such as beans.
- Reward yourself for sticking to exercising. But buy a new outfit, CD, or book, not food!

Swim Your Way to Greater Strength and Flexibility

Looking for a way to get fit that's relaxing and refreshing, as well as good for you? Take to the water.

Swimming burns fat, lowers cholesterol, and builds your heart, lungs, and muscles—but it carries less risk for injury than other high-impact exercises, such as running. Water's buoyancy reduces the stress on your joints, bones, and muscles. As a result, you're less likely to get stiff and sore.

An excellent way to increase flexibility and stamina, swimming often is thought of as strictly an aerobic activity to work the cardiovascular system. But swimming also offers a strength-training workout. Just like weights, water provides resistance when you push or pull it away from you.

Swimming is good for just about everyone. While it doesn't strengthen bones as much as weight-bearing exercises, such as walking or running, it's ideal for those with arthritis or knee or back problems. New exercisers, pregnant women, older adults, overweight people, and those recovering from



injury can safely participate in this water workout. But check with your doctor first.

Ready to take the plunge? Aim for 30 minutes, most days of the week. Once in the water, start with stretching and warm-up exercises, such as walking through the water or kicking. This gradually speeds your heart rate and gives muscles and joints a chance to warm up.

Next, swim laps, alternating different strokes. Gradually increase

and then decrease your intensity. Try hand-held paddles designed to intensify a workout.

Finally, swim a lap or two at a relaxed pace for a cool-down; then stretch. ●

AQUATIC EXERCISE PROVIDES VARIETY

Swimming isn't the only water workout. You can walk, jump, and even run in the pool to increase fitness. Every kick, lunge, and stride strengthens your heart and lungs, as well as muscles. A good water exercise class should include:

- A warm-up period
- Exercises that raise heart rate and use both arm and leg muscles
- A cool-down and stretching period

Learn the Benefits of Membership

To learn more about our member benefits and our senior programs, come to an orientation. Join us on one of the following Mondays: February 11 or March 10. Call Romy Niblack, the Drayson Center's Senior Wellness Coordinator, at 909-558-8220 for more information.

Calendar



AARP DRIVING PROGRAM

You must attend both days. Held at the Loma Linda Senior Center. Class limit is 30. No walk-ins. Fee is \$10. No cash accepted. Make check payable to AARP and take driver's license.

Dates: Mondays and Tuesdays, February 4 and 5, March 3 and 4
Time: 1 to 5 p.m.

Register at 909-799-2820.

AARP ALTERNATE SITES

Beaumont Senior Center

909-796-8539

Highland Senior Center

909-862-8104

Hutton Senior Center (Colton)

909-370-6168

Plymouth Village

909-793-9195

Redlands Senior Center

909-798-7579

Scherer Senior Center

909-797-1177

ARTHRITIS SEMINAR

Receive free information on arthritis, joint replacement, bone health, treatment options, research findings, and medications.

Held at LLUMC East Campus—Meridian Room.

Dates: 2nd Wednesday of every month

Time: 9:30 to 11:30 a.m.

Register at

1-800-321-WALK (9255).

HICAP

Get a free personalized review and assistance with your Medicare insurance coverage with a nonaffiliated counselor.

Make an appointment at 1-800-434-0222.

INTRODUCTION TO COMPUTERS 101 AND 102

Contact the Loma Linda Senior Center at **909-799-2820** to register for the computer-training classes.

MEDICARE MADE SIMPLE

With the many changes in Medicare, learn what's new; whether you should supplement your Medicare with an HMO or non-HMO product; and all about the new Prescription Drug Plans (Part "D"). Presented by Mary Fogleman, a senior helping seniors, at Sawyer Cook Insurance, 550 E. Hospitality Lane, Suite 100, San Bernardino. Refreshments served.

Date: Wednesday, May 14

Time: 10 to 11 a.m.

Call 909-379-6755 for more information.



The Loma Linda Senior Center is located at 25571 Barton Road,

behind the Loma Linda Fire Station and City Hall off Loma Linda Drive. The number there is **909-799-2820.**



Calendar



MEMORY LOSS SCREENING

Free 15-minute screening for seniors suspecting memory loss, as part of a long-term Alzheimer's study. Study enrollment is not guaranteed. Held at the Loma Linda Senior Center.

Dates: 2nd and 4th Wednesday of every month

Time: 9 a.m. to noon

Register at 909-558-7072.

REVERSE MORTGAGES

Are you a homeowner age 62 and older who would like cash to use in any way you desire? Stay in your home and retain the title. RSVP to Mary Fogleman, a senior helping seniors, at the number below. Held at National University, 804 E. Brier Drive, San Bernardino.

Date: Friday, April 18

Time: 11 a.m. to 1 p.m.

Call 909-793-8658 for more information and to RSVP.

SENIOR BLOOD PRESSURE CLINIC

Get a free blood pressure check by a retired registered nurse at the Loma Linda Senior Center.

Dates: 4th Wednesday of every month

Time: 10 to 11 a.m.

Call 909-799-2820 for more information.

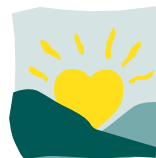
WINNING WITH DIABETES

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Receive a free gift and cookbook upon completion of this three-class series. Held at the Diabetes

Treatment Center in the Mountain View Plaza at 11285 Mountain View, Suite 40, Loma Linda.

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JUST for SENIORS
55+ Club

Upcoming Activities

LOMA LINDA SENIOR CENTER

*25571 Barton Road
(Behind Fire Station)*

Call the Loma Linda Senior Center for more information at **909-799-2820** on the following activities and classes.

- Art Sculpture in Clay
- Autobiography Class
- Cake Decorating
- Choir
- Crafts
- Stained Glass Class
- Tai Chi
- 20-Minute Attorney Consultations
- Ukulele Club
- Violin Class for Beginners



Ticket to Travel

Join the Fun!

PALM SPRINGS CELEBRITY HOME TOUR Tuesday, April 15

Enjoy lunch at the Cedar Creek Inn followed by a guided tour of the city and a viewing of stars' homes. Clark Gable, Elvis Presley, and Marilyn Monroe are just a few of the celebrities who have made their home in this beautiful oasis.

Call for availability and price.

GRIFFITH OBSERVATORY Wednesday, June 4

Come with us on a day of discovery. You will have several hours to enjoy the marvels that the observatory has to offer. Tour price includes deluxe motor coach transportation, admission to the Griffith Observatory, and driver's gratuity.

Call for availability and price.

COLORFUL SONGS OF BROADWAY Thursday, May 22

Scenes from shows such as the *Sound of Music*, *Fiddler on the Roof*, *South Pacific*, *Music Man*, and more. Includes lunch at the beautiful Via Verde Country Club in San Dimas.

Call for availability and price.



2008 Extended Tours

Spring Blossom Trail

Departing Sunday, February 17
Three-day motor coach tour
Witness the San Joaquin Valley's finest show.

Death Valley

Departing Sunday, March 9
Three-day motor coach tour
Explore one of nature's most incredible landscapes.

Alaska's Inside Passage

Departing Sunday, May 4
Featuring a seven-night cruise aboard the *Star Princess*. Enjoy Ketchikan, Tracy Arm, Juneau, Skagway, and Victoria.

Black Hills of South Dakota

Departing Saturday, May 17
Nine-day motor coach tour
Enjoy tours of Mt. Rushmore, Deadwood, Crazy Horse Memorial, High Plains Western Heritage Center, and Custer State Park.



Call Great Western Tours for a detailed flyer and more information! Request a complete list of extended tours for 2008.



Call Great Western Tours toll-free 800-344-7090 for reservations:

Day tours include round-trip transportation by air-conditioned motorcoach. Tour manager and admission as listed. Lunch is provided only where indicated. Driver gratuity is included.

RECIPE

Green Vegetables with Sesame-Ginger Dressing



Here's a delicious dish that you can make easily in the microwave. The fresh ginger in the dressing gives a zesty boost to these old favorites.

INGREDIENTS

- 2 c. green beans, cut into 2-inch pieces (fresh or frozen)
- 2 c. broccoli florets (fresh or frozen)
- ¼ c. water

SESAME-GINGER DRESSING

- 2 tbsp. low-sodium soy sauce*
- 1 tsp. vinegar*
- ½ tsp. sesame oil*
- 1 tsp. honey
- ½ tsp. fresh ginger, grated (optional)

**Available in most grocery stores (usually in the Asian dry goods section).*

DIRECTIONS

1. Whisk dressing ingredients together. Set aside.
2. Microwave fresh green beans with water in covered bowl on high for two to three minutes. Remove cover carefully, allowing steam to escape away from you; stir green beans and add fresh broccoli florets. Cover and microwave together on high for two minutes. (If using frozen green beans and/or broccoli, follow microwave directions on packaging.)
3. Drain green beans and broccoli; while still warm, mix in dressing. Let vegetables chill in refrigerator until ready to serve (at least five to 10 minutes). Serves 4.

Per Serving: Calories: 42, Fiber: 3 g, Fat: 1 g, Cholesterol: 0 mg, Sodium: 317 mg

Common Cooking Methods Come Under Fire

A recent study in the *Journal of Gerontology* suggests that how you cook food may matter just as much as what you eat.

Experts say toxins known as advanced glycation end-products (AGEs) may cause the higher amount of tissue inflammation in older adults. Inflammation can lead to conditions such as diabetes, kidney disease, heart disease, and Alzheimer's.

The study examined the eating habits of 172 healthy men and women. Researchers found that the amount of AGEs in the participants' diets had an impact on the level of AGEs in their blood. AGEs are found in high-fat animal proteins prepared at high temperatures. High-temperature cooking methods include grilling, broiling, or frying.

Why are AGE levels reason for concern? As AGEs build up in tissue, the build up causes inflammation that may lead to disease.

By changing the way you prepare meals, you can reduce your AGE intake:

- Turn down the heat.
- Opt for boiling, steaming, and stewing.
- Fill up your plate with whole grains and fresh fruits and vegetables.

“Grandchild-Proof” Your Home

In the excitement of having the grandkids visit, it’s easy to forget that your house may no longer be set up for little ones.

Here are some tips to help make your time together safe:

- Store medicines in a locked cabinet.
- Set the thermostat on your hot-water heater to 120 degrees or lower. Children’s bodies are more sensitive to hot water than adults’ bodies.

- Cover all unused electrical outlets with safety caps.
 - Keep surfaces free of small objects that could be swallowed. These include rings, coins, and hearing-aid batteries.
 - Use safety latches on cabinets containing cleaning products.
 - Hide electrical cords away from little teeth.
 - Don’t use large placemats or tablecloths. A child could tug on them and overturn hot food and drinks.
 - Use child-safety gates at the top and bottom of stairs. But avoid accordion-style gates with openings large enough for little heads.
- Finally, remember to keep numbers for the emergency room, poison control center, and the child’s doctor by the phone—just in case. ●



COSMETIC SURGERY: TURNING BACK THE HANDS OF TIME

Many welcome the wisdom that comes with aging and view wrinkles as signs of a life well lived. To others, laugh lines and crow’s feet are nothing to smile about. If this sounds like you, you may be considering a type of cosmetic surgery.

Skin resurfacing is a noninvasive way to remove fine wrinkles and scars. It also improves skin coloring, tone, and texture. These procedures include:

- Chemical peels
- Dermabrasion
- Laser resurfacing

The skin may need several weeks to recover afterward. Complications arise very rarely and include scarring and infection. Your doctor may not advise resurfacing if you have very sensitive skin.

A **facelift** treats deep wrinkles and severely drooping skin in the cheeks and neck. It can help your face look younger and more vibrant for up to 10 years.

Although swelling and bruising can last up to six weeks after the surgery, facelifts are safe for almost anyone. Complications—while rare—can include bleeding, infection, and scarring. A facelift warrants caution if you have a serious health condition, such as severe heart disease or a clotting problem.

Lung Cancer: Family History Matters

Smoking causes most lung cancer, but women appear to be vulnerable to another risk factor—their genes.

Women with a family member who has been diagnosed with lung cancer are nearly three times as likely to develop the disease, according to a new study. Men's risk is nearly doubled by having a close relative with the disease.

Researchers have not found a specific gene to blame, but it seems certain inherited genetic patterns leave people more susceptible to lung cancer. Even nonsmokers face increased risk if their mother, father, or a sibling developed lung cancer.

Other causes of lung cancer include secondhand smoke and exposure to radon, an odorless, invisible gas that occurs naturally in soil and rock.

Women can increase their odds against lung cancer by avoiding



cigarette smoke and other chemical pollutants and eating a healthy diet. Vegetables, fruit, and soy may help ward off the disease. ●

When to See Your Doctor
Health experts don't recommend routine screening for lung cancer. However, see your doctor if you have a recurring cough, hoarseness lasting more than two weeks, trouble breathing, chest pain, or if you cough up blood—all could be signs of lung cancer.

Enjoy the Benefits of Membership

Join Just for Seniors today!
Call to become a member:
909-558-6618.

- No monthly or annual membership dues
- Receive *Well-being* newsletter six times per year
- Seminars on health, social, and financial concerns
- Life skills education classes
- VIP parking at LLUMC, East Campus, Faculty Medical Offices, and Drayson Center

Discounts to:

- World-class fitness center with Senior Fitness programs
- Hospitality Dental Associates dental care
- Cafeterias and gift shops at LLUMC and LLUMC East Campus

Other benefits:

- Senior advocate to assist you in finding resources
- Escorted and narrated day-coach tours
- Extended educational tours
- La Loma Federal credit union membership

LOMA LINDA UNIVERSITY MEDICAL CENTER
11234 Anderson Street
Loma Linda, CA 92354-2804

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Just for Seniors 55+ Club Well-being

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